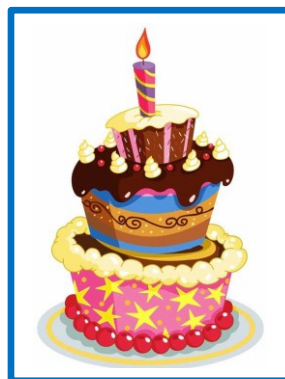


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Each day we focus on: <i>Motion</i> ~ Exercise & Movement <i>Creativity</i> ~ Arts, Crafts & Baking <i>Rhythm</i> ~ Music & Singing <i>Enrichment</i> ~ Reading & Trivia <i>Relaxation</i> ~ Massage & Sensory</p> <p>*Activities are subject to change when needed</p>		<p>1 Monthly Birthday Party</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coffee Talk 2-3: Monthly Birthday Party 3-4: 1 on 1</p>	<p>2</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Words from Words 10:45-11:30: Snacks 1:30 Catholic Mass (Ch 957) 2:15-4: Wii Bowling</p>	<p>3</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Balloon Toss 10:45-11:30: Trivia 1:30-3:30: Crafts</p>	<p>4</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Memory Lane 2-2:30: Trivia 2:30-3:30: Bingo 3:30-4: Snacks</p>	<p>5</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Dart Ball 1:30-3:30: Movie 3:30-4: 1-on-1</p>
<p>6</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 2:30-3:30: Games 3:30-4: Snacks</p> <p>2:30 Worship- (Ch 957)</p>	<p>7</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 1:30-2: Pastor Deb 2:30-3:30: Bingo</p>	<p>8</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coffee Talk 2-3:30: Famous Faces 3:30-4: Snacks</p>	<p>9</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Trivia 10:45-11:30: 1-on-1 1:30 Rosary (Ch 957) 2:15-4: Wii Bowling</p>	<p>10</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Balloon Toss 10:45-11:30: Trivia 2-4: Art w/ Kate</p>	<p>11</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Memory Lane 2-2:30: Exercise 2:30-3:30: Bingo 3:30-4:30: Drum Circle on Redwood</p>	<p>12</p> <p>10-10:30: Daily Chronicle 10:30-11: Coffee Talk 1:30-3:30: Movie 3:30-4: 1-on-1</p>
<p>13</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Trivia 2:30-3:30: Games 3:30-4: Snacks</p> <p>2:30 Worship- (Ch 957)</p>	<p>14</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 1:30-2: Pastor Deb 2:30-3:30: Bingo</p> <p>Documentary 6:30-7:30</p>	<p>15</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Baking 2-4: Group Resident Council Game Night 6:30-7:30</p>	<p>16</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Trivia 10:45-11:30: 1-on-1 1:30 Rosary (Ch 957) 2:30-4: Movie</p>	<p>17</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Balloon Toss 10:45-11:30: Trivia 1:30-3:30: Crafts</p>	<p>18</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Memory Lane 2-3:30: Ron on Hickory 3:30-4:30: Bingo</p>	<p>19</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Dart Ball 1:30-3:30: Movie 3:30-4: 1-on-1</p>
<p>20</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 2:30-3:30: Games 3:30-4: Snacks</p> <p>2:30 Worship- (Ch 957)</p>	<p>21</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Trivia/1-on-1 Visits 1:30-2: Pastor Deb 2:30-3:30: Bingo</p>	<p>22</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coffee Talk/1-on-1 Visits 2-3:30: Famous Faces 3:30-4: Snacks Game Night 6:30-7:30</p>	<p>23</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Words from Words 10:45-11:30: 1-on-1 Visits 1:30 Rosary (Ch 957) 2:30-3: Carnegie Museum Trip 2:30-4: Movie</p>	<p>24</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Balloon Toss/1-on-1 Visits 10:45-11:30: Trivia 2-4: Art w/ Kate</p>	<p>25</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Memory Lane 2-2:30: Trivia 2:30-3:30: Bingo 3:30-4: Snacks</p>	<p>26</p> <p>10-10:30: Daily Chronicle 10:30-11: Coffee Talk 1:30-3:30: Movie 3:30-4: 1-on-1</p>
<p>27</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 2:30-3:30: Games 3:30-4: Snacks</p> <p>2:30 Worship- (Ch 957)</p>	<p>28</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 1:30-2: Pastor Deb 2:30-3:30: Bingo</p> <p>Documentary 6:30-7:30</p>	<p>29</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Baking 2-3:30: Famous Faces 3:30-4: Snacks Game Night 6:30-7:30</p>	<p>30</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Words from Words 10:45-11:30: Snacks 1:30 Rosary (Ch 957) 2:15-4: Wii Bowling</p>	<p>31 Halloween</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Halloween Movie 2-2:30: Halloween Parade 2:30-4: Halloween Party in Social Room</p>		

BIRTHDAY LIST



- Peggy C. 10/3
- Joann S. 10/4
- William C. 10/9
- Violet B. 10/14
- Nancy M. 10/15
- Nancy C. 10/21
- Steve R. 10/23
- Jeanne L. 10/28
- David R. 10/4
- Franic B. 10/ 8
- Charles H. 10/9
- Joanne G. 10/ 14
- Ruth C. 10/18
- Nancy G. 10/ 22
- Rosario R. 10/27
- Silvana K. 10/38

Resident Council Meeting
October 15 2:30pm-3:30pm

Food Committee Meeting
October 15 2pm-2:30pm

Dates to Remember in October:

- | | |
|---|---|
| <ul style="list-style-type: none"> 1- Monthly Birthday Party 2- Rosh Hashanah Begins 11- Yom Kippur Begins 11- Drum Circle on Willow 11- Drum Circle on Redwood 14- Columbus Day 14- Indigenous Peoples' Day | <ul style="list-style-type: none"> 16- Carnegie Museum Trip 18- Ron playing on Hickory 23- Carnegie Museum Trip 31- Halloween 31- Halloween Party in Social Room |
|---|---|

Origins of Halloween

Halloween is a holiday celebrated each year on October 31, and Halloween 2024 will occur on Thursday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.



An Oakdale Seniors Alliance Supported Community

Hickory Times

Fitness Tips:

The health benefits of exercise for older adults are profound. Here's a look at what you can expect when you start exercising later in life. (It's never too late!)

It Improves Cardiovascular Health

Cardio exercise, such as brisk walking, improves the health of your **heart and blood vessels**. Regular physical activity is linked to improved markers of cardiovascular health, such as lower blood pressure, resting heart rate, increased heart rate variability, and VO2 max.

It Improves Bone Health

Weight-bearing exercise, including walking and resistance training, can **slow the loss of bone mineral density**. As people age, they typically lose bone mass, which ultimately can lead to osteoporosis and an increased risk of bone fractures. Research shows that weight-bearing exercise is one of the best ways to slow or reduce this bone mineral loss.

It Increases Strength and Muscular Endurance

Resistance training increases muscular strength and muscular endurance—and yes, that's true in older adults, too. For example, for seniors with sarcopenia (typically age-related muscle loss), strength training programs can **improve strength and physical performance**, although training may not have an effect on muscle mass.



Worship Services

Worship Service Every Sunday
2:30 - HC/ch957